

Advisory Guidance from the North East Lincolnshire Council Special Education Needs Service

SUMMER 2018 – TOPIC – SLEEP

Sleep is developmentally important for children as it directly impacts on mental and physical development; it boosts learning and increases children's attention span, to provide two examples.

Establishing a sleep pattern in children with additional needs can also be particularly difficult, so here are some top tips;

Bedroom

- Decorate children's bedrooms in bland, restful colours such as cream, white and pale green.
- Use blackout blinds and/or curtains
- Make a child's bedroom a television and computer free zone
- Remove distractions e.g. toys

Prior to bedtime

- Avoid physical activity
- Dimming lights creates relaxing mood
- Teach your child relaxation techniques to relax all muscles in their body
- Give child time to talk about their worries and anxieties
- Listen to classical music or relaxation CD
- Avoid sugary snacks and anything containing caffeine; try almonds, bananas, milk, yoghurt, oatmeal, cherries and/or cereal (avoid ones which contain lots of sugar)

Further information can also be found at the following links:

<http://www.thechildrenssleepcharity.org.uk/>

<https://www.thesleepgeek.co.uk/>

<http://www.autism.org.uk/about/health/sleep.aspx>

[Home | The Sleep Geek](#)

www.thesleepgeek.co.uk

The Sleep Geek - wellness at work, hotel sleep, mattresses, sports sleep coaching, sleep expert. hello@thesleepgeek.co.uk

[Sleep and Autism - NAS](#)

www.autism.org.uk

Ideas for helping people on the autism spectrum to sleep and information on where you can go for help.

[Home | The Children's Sleep Charity](#)

www.thechildrenssleepcharity.org.uk

"Netmums is a proud supporter of The Children's Sleep Charity their child-centred, bespoke approach is one that makes complete sense to mums."
